



S.T.A.R.
Steps To Active Recovery

IMPACT/STRATEGY REPORT 2022-2023



STAR aims to bring a recognised standard of support for those in and those affected by addiction, compulsive behaviours and habits.

Prepared by Emma Heath
Director / Founder

Approved by Jackie Leswell
STAR Chair of Trustees

ABOUT STAR - STEPS TO ACTIVE RECOVERY

Steps to Active Recovery (STAR) helps those suffering with & those affected by addiction to regain their true identities, reconnect with their community, & restore hope in the brokenness of lives trapped in addiction.

STAR is a registered charity (CIO) created for the public benefit to relieve the needs of people experiencing or at risk of addiction or poor mental health.

We achieve this by working to train, resource, equip and support churches, Christian organisations and their communities to deliver recovery ministries and provide sustainable support to such people, as well by delivering a high standard Recovery Course (STAR Life Course) directly to those struggling with addiction.

MISSION, VISION AND GOALS

The mission of STAR confronts a community issue with a community approach through effective collaboration. We recognise there is a gap between volunteer groups wanting to help in this field & the support being offered in line with sector expertise, including the area of mental health which goes hand in hand with addiction.

STAR vision seeks to merge this gap, bringing a recognised standard of support by working alongside community groups, church communities & ongoing addiction recovery services available locally here in Bournemouth and also nationwide, ensuring they have a streamlined, safe, tested, positive & proactive approach to offer their community.

We have a bold goal to see **1 million** lives impacted through STAR in the next 10 years. We aim to do this through upskilling teams & investing in volunteers, as well as providing high quality resources, courses & innovative interactive approaches, in order to benefit people in or affected by addiction.



MAIN OBJECTIVES/TARGETS REACHED IN 2022/23

01

PILOT COMPLETION

The full completion of the pilot churches was successful with positive feedback across the board

02

FINAL STAR APPROVAL LAUNCHED

In June 2022 the full STAR Approval model was launched

03

STAFFING INCREASE

Due to the growing dynamic of STAR we appointed a Relationships Manager & Life Course Coordinator

04

EARLY ADOPTER FOCUS

Working with 12 churches nationally who are at various stages of the STAR process

05

AMBASSADOR

We have a STAR Ambassador - Barry Woodward, with connections with the Proclaim Trust

06

FUNDRAISING

We have been given several grants and some individual donations that have helped STAR to grow

OBJECTIVES FOR 2023

Q1

1. Fundraising to bring on extra staff
2. Revamp the STAR Website and Comms platforms
3. Appoint STAR Life Course and Training Coordinator & Director becoming full time
4. STAR Helpline available for volunteers

Q2

1. Working with early adopters to achieve STAR Approval
2. Appoint Social Media and Comms lead x 2
3. Trustee Vision Day & objective planning & future strategy
4. Early discussion regarding STAR Youth programme

Q3

1. Review of current early adopters & revised strategy
2. Appoint Operations Manager
3. Begin developing STAR Online Learning platforms
4. Start STAR Hub of Mapping and Networking

Q4

1. Re filming and developing STAR resources
2. Piloting the new STAR Life Course Lite model
3. Review and strategically target areas nationally for STAR collaboration



OPERATIONAL ACHIEVEMENTS

Having launched the full STAR Model we delighted in running in person training at various locations around the country, seeing enthused and passionate teams growing



In 2022/23 we communicated, trained and built relationships with many churches including:

- **Coastline Vineyard**
- **Portsmouth City Life Church**
- **BH1 Elim**
- **Southend Vineyard Essex**
- **Winton Salvation Army**
- **Faithworks**
- **Causeway Coast Vineyard, Northern Ireland**



CASE STUDY - SOUTHEND VINEYARD

It is a joy to work with churches that have a such a diverse and enthusiastic team.

Southend originally had a core team of around 8 people interested in supporting people with addiction, and from working with the team to help build their confidence and skill in this area, many more people have joined this team. They are now getting ready to start running activities and courses, particularly for those that they serve in their community.

Southend Vineyard is now a STAR Approved Organisation and are embarking upon the STAR Membership where they are aiming to begin running the STAR Life Course later in 2023.

"Everyone enjoyed the training, several people have decided to be group facilitators that previously weren't too sure. The session facilitators were great. We enjoyed the whole day."

Southend Vineyard Training day attendee

EARLY ADOPTER IMPACT

**CONFIDENCE
INCREASED BY**

73%

**KNOWLEDGE
INCREASED BY**

86%

**COLLABORATION
INCREASED BY**

46%

VOLUNTEERS TRAINED

115

Working alongside 12 churches from various parts of the UK has been a joy for all of us at STAR. We continue to learn and grow as a relatively new charity, and are regularly gaining feedback and testimonies from the partner churches, to further refine and develop the STAR offering.

Running training in person and online proves an important approach so that churches can choose the bespoke model that best suits their training requirements.

Having regular contact between the STAR church coordinator and STAR's Relationships Manager is key in the role out of STAR Approval.

We are seeing more churches wishing to collaborate with local churches/recovery networks which is hugely encouraging and collaboration statistics have increased over the year.

"Everyone that attended said the session was excellent and informative. All areas were well explained and easy to relate to issues we already come across on a daily basis."

Southend Team Member



LIFE COURSE IMPACT

PEOPLE REGISTERED FOR
THE COURSE IN 2022

(204 IN PERSON
118 ONLINE) **322**

91 VOLUNTEERS TRAINED

GROUPS RUNNING
IN PERSON **9**

(7 IN PERSON
2 ONLINE)

GUESTS FREE OF ADDICTION
51% FOR 3+ MONTHS

GUESTS CONNECTION
SPIRITUALLY GREW BY
100%



The STAR Life Course is a free 12 week online course, supporting people with any addictive habit or behaviour.

At STAR we are committed to the roll out of the STAR Life Course around the UK, so have planned 2 x STAR Life Courses to run online nationally each year. We upskill teams to be able to run this, ensuring leaders are DBS checked, with regular supervision and support to the team.

This year we appointed a Life Course and Training Coordinator who has specific focus on the oversight of the team and guests which is proving very beneficial to all involved.

"The people of the course didn't pressure me or ask me if I indulged in porn, but they were accepting of me, and listened did not judge me."

Online Life Course guest - anonymous



SOCIAL MEDIA & WEB DEVELOPMENT



**YOUTUBE
CHANNEL
FOR RESOURCES**

We have seen a steady rise in social media connectivity with all platforms growing since the previous year.

In December 2022 we started the task of redesigning the current website and linking in the social media platforms to heighten engagement.



**INSTAGRAM
ENGAGEMENT:
253 FOLLOWERS**



**FACEBOOK
ENGAGEMENT:
575 FOLLOWERS**

The new interactive website is set to launch later in 2023, with exciting new additions to reach more people, and growing coordinated support nationally.

We have seen the need to develop our social media and comms team so are planning to appoint for this role.



**WEBSITE
IN PROCESS OF
REVAMPING**

FOUNDER AT CONFERENCES & IN THE MEDIA

As the word about STAR continues to grow, our STAR Founder and Director Emma Heath has been invited to speak at a catalogue of events and media opportunities, including:

Fixed 22 Addiction Conference, Salvation Army - War Cry publication, Luis Palau, J John - Facing the Canon, radio and her local church Coastline Vineyard in Bournemouth

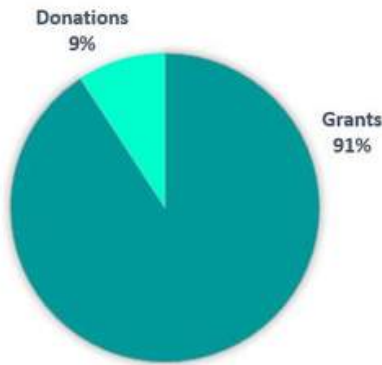
Addiction and Active Recovery



Facing the Canon
with Emma Heath

FUNDING & SUSTAINABILITY

STAR INCOME 2021



The total income of STAR for 2022 was £82,924. We are so grateful to all of our funders and individuals who have generously supported us, with grants totalling £74,500, donations totalling £8,424.

In the current year where the cost of living crisis and mental health concerns has become apparent, we are seeing that there is a significant amount of funding available for this area.

Our fundraiser and Director are in constant communication with existing funders and new funders to increase the grant funding, which has proved successful.

We want to thank everyone who has contributed to this past year financially.

We wish to specifically thank the churches, individuals and grant funders that have generously supported STAR over this past year. We know that STAR has the opportunity to make a national impact upon addiction & your help is making the vision of STAR a reality.

Emma Heath - Founder of STAR





CONCLUSION

In a complex time for our country following the pandemic and now the cost of living crisis, we have seen a growing understanding and awareness of the mental health challenges that people are facing.

STAR is steadily growing and this past year has been foundational in the model being launched. We have high expectations of the coming year based on the growing need for addiction support & the interest in the STAR model.

MESSAGE FROM STAR'S FOUNDER/DIRECTOR

We are seeing a growing interest in people wanting to learn more about addiction and how to help people, thus realising the importance of growing teams to upskill in this much needed area of support.

Every day I am encouraged by the people that are coming to STAR, as staff, trustees, volunteers, partners, funders and churches, all wishing to align with our vision to see the culture of addiction influenced and changed by the wider church.

Emma Heath





www.starrecovery.org

A community approach to recovery